

X-EDGE

EDUCATE. DIVERSIFY. GROW. EMPOWER.
PLEASANTON SENIOR CENTER BI-MONTHLY NEWSLETTER

January/February 2016

inside:

- WEEKLY CALENDAR
- FITNESS CLASSES
- ENRICHMENT & SPECIAL INTEREST
- SENIOR SERVICES
- SAGE CAFE MENU
- MONTHLY CALENDAR
- AND MORE

PARDON OUR AIR (AND DUST!)

The City of Pleasanton is replacing the Senior Center's aging heating and air conditioning unit, which will be both energy efficient and eco-friendly. With the upgrade, we ask for your patience as crews work around our programming schedule. We hope interruptions are few, and expect that most classes and services will continue without incident.

FEBRUARY THROUGH APRIL > AARP TAX ASSISTANCE

AARP sponsored Tax Assistance returns to the Center, from February 1st through April 15, and is offered on Mondays, 10:00am-3:00pm, or Fridays, 9:00am-2:30pm. The service is cost free for people of any age with low to moderate income. Appointment schedule opens on Monday, January 11. For more information, please call the Center's Front Desk at 931-5365.

THURSDAYS, JANUARY 14, 21 & 28 > DIABETES PREVENTION

This three week series is for adults of all ages who have Pre Diabetes or questions about preventing diabetes. Classes meet one day a week for three two-hour classes, 9:30-11:30am. To register for this class, please call (510) 383-5185. Sponsored by the County of Alameda Public Health Department Diabetes Program.

Center Offers Expanded Services

Over the years, the Senior Center has forged strong partnerships with the community, working with many agencies and individuals that offer free services, like Noatry help, *Legal Assistance for Seniors*, estate planning advice, eye glass repairs, AARP Tax Assistance, and hearing aid checks. Recently, staff has collaborated with *Thrifty Medical Supplies*, which will be offering a free "tune-up" for your walker, wheelchair, or mobility device every 2nd Tuesday from 11:00am-1:00pm. Although the services do not include major repairs, their staff can address that squeaky wheel or other minor bothersome issues. For a complete list of Center-hosted services, please refer to page 9 in the newsletter.



PLEASANTON SENIOR CENTER
5353 SUNOL BOULEVARD
PLEASANTON CA 94566
WEEKDAYS 8:30AM-4:30PM



PLEASANTON SENIOR CENTER

Join us for

New Programs & Classes

Special Events during the months of January and February!



Fruit carving

Former Chef Bijan Nefei shares tricks that turn ordinary fruits and vegetables into pieces of art. Tuesday, January 12, 10:30am

National Charity League Dance

The NCL returns for its annual Dessert Dance event on Saturday, January 30 from 7:00-9:00pm. Includes dessert and music with DJ Mike Qutermous. No charge, but please register at the Front Desk by Friday, Jan. 27.



"Squash Lady"

returns

The always popular "Squash Lady" (Marlene Champlin) from Perry and Son's returns for another education and entertaining session on cooking with squash. Tuesday, Feb. 9 at 10:30am, Arts and Crafts Room.

Chat with the "Nat"

City of Pleasanton Naturalist Ashley Zubrik brings a few of her favorite pets, and shares more facts and stories of Pleasanton natural history. Tuesday, February 9, 1:00pm in the Meeting Room



Purchase a

New Leaf

In the

New Year

For the

Friends Tree

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Sponsored by Friends of Pleasanton Senior Center

<http://www.seniorcenterfriends.org/engraved-leaves.html>

Christopher & Elizabeth Richards

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Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Christopher & Elizabeth Richards

Senior Center Information:

5353 SUNOL BOULEVARD | 931-5365

WWW.PLEASANTONSENIORCENTER.ORG

MONDAY-FRIDAY | 8:30AM-4:30PM

HOURS & PHONE NUMBERS

Office/Information 8:30am to 4:30pm 931-5365

Paratransit 9:00am to 3:00pm 931-5376

Sage Cafe 8:30am to 4:30pm 931-5365

Senior Support, M-F 8:30am to 4:00pm 931-5379

VIP Senior Club & Travel

Desk, M-F 10:00am to 2:00pm 931-5370

Peddler Shoppe 10:00am to 4:00pm 931-5371

RADD 8:30am to 4:00pm 931-5373

For information on Support Groups, Monthly Services and Senior Meals, please visit the website www.pleasantonseniorcenter.org



New Year, New Opportunities

With every New Year, there's always that moment's pause when we celebrate our past achievements, and anticipate new opportunities. As you look ahead to the New Year, why not include the Senior Center in your "resolution" list, and explore the many new life-long learning experiences that await you.

Browse the contents of our newsletter, and launch out into classes like Diabetes Education, the Walking Group, Pleasanton Pedalers, or newly formed computer classes. If you like socializing, or simply like a hearty lunch, stop by the Sage Cafe for a hot and healthy meal. Stay for games in the afternoon, or catch a recent film at our "Monday Movie Madness" program.

Enjoy your New Year, and I hope to see at the Center!

Raymond Figueroa
Recreation Coordinator

Weekly Calendar

The *Bridge Club* is looking for experienced *Bridge players* for their Thursday afternoon game. For more information, please call the Senior Center at (925) 931-5365.

<i>Mondays</i>	8:45-9:45am	Core, Stretch and Balance •
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	1:00-3:00pm	Bingo (1st, 3rd and 5th Mondays)\$
	1:00pm	Movie Madness (1st, 3rd, 5th Mondays, Free)
<i>Tuesdays</i>	9:00am-4:00pm	Woodcarvers\$
	9:00-10:00am	ZUMBA Gold •
	10:15-11:15am	Fit for Fifty •
	11:45am-1:00pm	Tai Chi (Beginning) •
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	American Style Mah Jong\$
	1:10-2:25pm	Tai Chi (Intermediate) •
<i>Wednesdays</i>	9:00-10:00am	Zumba Toning •
	8:45-10:30am	Walking Group (Free)
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	10:00am-Noon	Arts & Crafts (Free) (Occasional special project cost)
	10:15-11:10am	Fall Prevention Exercise Class*
<i>Thursdays</i>	1:00-3:00pm	Bingo\$
	9:00am-Noon	Words in Bloom (1st & 3rd Thursdays)\$
	9:00am-Noon	Drop-In Woodshop\$
	9:30-11:30am	Pleasanton Peddlers Bicycle Group (Free)
	10:00am-Noon	Senior Players (Free)
	10:00-11:15am	Yoga (All levels) •
	12:45-3:45pm	Drop-In Cards, Poker\$
	1:00-4:30pm	Contract Bridge (reservation required)\$
<i>Fridays</i>	2:45-4:00pm	Chair Yoga • <i>Begins in February</i>
	9:00-10:00am	ZUMBA Gold •
	9:00am-Noon	Drop-In Bocce\$
	9:00am-Noon	Drop-In Woodshop\$
	9:00-11:30am	Knitting\$
	10:00-11:30am	Brain Matters\$ (1st and 3rd Fridays)
	10:15-11:15am	Fit for Fifty •
	1:00-3:00pm	Bingo\$
	1:00-4:00pm	American Style Mah Jong\$
	1:30-2:45pm	Line Dance—Beginning •
<i>Weekdays</i>	3:00-4:15pm	Line Dance—Intermediate •
	8:00am-3:00pm	Paratransit Service
	10:00am-4:00pm	Peddler Shoppe Open

Activity Program Notes:

Pleasanton VIP Senior Club Luncheon
2nd & 4th Monday
11:45am-1:00pm

Coffee & Conversation with the Experts (FREE)
2nd Tuesday
10:30-11:30am

PC Users Group\$
4th Thursday
10:00am-Noon

Newcomers Welcome• (FREE)
2nd Wednesday
10:30am-Noon

Photo Club\$
2nd Wednesday
1:30-3:00pm

Education & Enrichment Activities Key

• Sponsored by the City of Pleasanton: New classes at the Senior Center begin each month. Register online or at the Senior Center front desk.

\$ Drop-In Fees Apply: \$2.00R/\$2.50N (except Woodshop)

* Sponsored by the Senior Support Program of the Tri-Valley

Monthly Calendar

Drop by the Senior Center to obtain your copy of the Monthly Calendar which details services, activities, special events, and classes at the Center; or simply visit our website at www.pleasantonseniorcenter.org



Proof of age may be required for some programs.

Drop-In Programs

Pleasanton Senior Center
\$2.00R/\$2.50N (unless noted)
Full list of Drop-In Programs on page 4

BRAIN MATTERS

1st & 3rd Fridays | 10:00-11:30am

Learn how to keep your brain active and your memory sharp. Meetings consist of word games, puzzles, challenging activities, reminiscing, socials and more. All geared to "age proof" your mind.

KNITTING

Fridays | 9:00-11:30am

Learn to knit, refresh your skills, pick up some new tips, and share techniques you've learned, get help with that pesky "UFO" or just sit, knit, and plan to laugh a lot. Instructor: Stacy Dennig

WORDS IN BLOOM

1st & 3rd Thursdays | 9:00am-12:00pm

Words in Bloom is a writers workshop for seniors. Everyone has a story, come and share yours. Along the way you will learn to create a new story from your imagination. Instructor: Sharon McCracken

PHOTO CLUB

2nd Wednesdays | 2:00pm

The Photo Club is open to seniors who enjoy the hobby



of photography at any level. We share our photos and make suggestions on how the photos might be improved. A digital camera of any type is recommended. Meetings will also offer occasional speakers, field trips and themes.

PC USERS GROUP

4th Thursdays | 10:00am-Noon

This class is for all computer enthusiasts. Includes discussions, lectures, demonstrations and question/answer period.

PLEASANTON PEDALERS

Thursdays | 9:00am

If you love cycling, this group is for you! Rides will be at an easy pace, from 15 to 25 miles long—no rider will be left behind. A signed waiver is required of all riders. For more info: meetup.com/PleasantonPedalers or call ride leader Steve McGinnis at (925) 200-9031. No cost.

TEA TIME SOCIAL

1st Thursdays | 1:00-2:30pm

An enchanting tea experience awaits you at the Center's monthly Tea Time Social. Includes delicious assorted



teas in a festively decorated room, cookies for the sweet tooth and, of course, the fine art of conversation. No cost.

PLEASANTON SOLE MATES

Wednesdays | 8:45-10:00am

Join our weekly walking group on Wednesday mornings. We will trek to local venues while enjoying the great outdoors. Participants must be able to walk 2.5-3 miles. Stop by and pick up a schedule detailing each walk.

FALL PREVENTION EXERCISE CLASS

Wednesdays | 10:15-11:10am

This exercise class focuses on strength and flexibility. Other benefits are improved health and well-being, more stamina and energy and a decrease in the likelihood of falls. Sponsored by the Senior Support Program of the Tri-Valley. No cost.

coffee & conversation

FRUIT CARVING

Presenter: Bijan Nafei

Tuesday, 1/12, 10:30am

Join Chef Bijan Nafei as he demonstrates basic techniques in fruit carving that will enable you to create beautiful (and tasty) fruit arrangements.

THE "SQUASH LADY" RETURNS

Presenter: Marlene Champlin of Perry & Sons

Tuesday, 2/9, 10:30am

The Senior Center welcomes the return of the "Squash Lady" from Perry & Sons, as she prepares a variety of healthy and tasty dishes, snacks, and desserts - all from her favorite "squash" recipes. Always a hit! Bring your appetite!



Fitness Classes

BEGINNING

TAI CHI

Tuesdays, 1/12-4/19

Establish a foundation in Tai Chi fundamentals by learning the early moves of a Tai Chi set. Students can expect to encounter challenges during their exploration, both mental and physical, as their practice leads to improved coordination, flexibility, strength, balance and equanimity.

Instructor: Geoffrey Lee
11:45am-1:00pm | 15 classes
\$67.50R/\$74.25N | **60501**

INTERMEDIATE

TAI CHI

Tuesdays, 1/12-4/19

Build on the foundation learned in the beginners' class by exploring the depths of the fundamentals as well as learning additional moves. Instructor: Geoffrey Lee
1:10-2:25pm | 15 classes
\$67.50R/\$74.25N | **60503**

CORE, STRETCH AND BALANCE

*Mondays, 1/11-1/25**

*Mondays, 2/1-2/29***

Increase your general sense of well-being through a series of stretches that will strengthen your core, increase your flexibility, and improve overall balance. Light weights will assist in gaining muscle strength and improved mobility. Bring a set of light weights (3-5 lbs.) and an exercise/yoga mat.

Instructor: Sandra Cavellini
January | 8:45-9:45am | 2 classes \$9R/\$12N | **60534**

*No class on 1/18

February | 8:45-9:45am | 4 classes \$18R/\$21N | **61331**

**No Core, Stretch and Balance class on 2-/5*

ZUMBA TONING

Wednesdays, 1/13-1/27

*Wednesdays, 2/3-2/24**

Develop every major muscle group in an efficiently-paced workout. This is a total body strengthening and toning class that uses a variety of resistance options. Our Zumba Toning certified instructor uses dynamic resistance training resulting in muscle strength, increased bone density, improved mobility, posture and coordination.

Instructor: Jenny Underwood
January | 9:00-10:00am | 3 classes \$13.50R/\$16.50N | **60518**

February | 9:00-10:00am | 3 classes \$13.50R/\$16.50N | **61322** *No class on 2/17

ZUMBA GOLD

Tuesdays/Fridays, 1/12-1/29

*Tuesdays/Fridays, 2/2-2/26**

Designed for adults 50+ years, this is an exciting and high-energy aerobic exercise, using Latin rhythms with easy-to-follow moves to create a dynamic fitness program. Routines feature fast and slow rhythms and music that are combined for aerobic endurance, muscle tone and flexibility. Instructor: Jenny Underwood

January | 9:00-10:00am | 6 classes \$27R/\$30N | **60513**

February | 9:00-10:00am | 6 classes \$27R/\$30N | **61317**

*No class on 2/16 & 2/19

FIT FOR FIFTY PLUS

Tuesdays/Fridays, 1/12-1/29

Tuesdays/Fridays, 2/2-2/26

A slower-paced exercise program

geared for the mature adult/senior without the movement and mobility required in a more typical aerobics class. Designed to help those who want to be physically fit through easy movement, strength and core work, stretching, toning, balance and small motor flexibility. Instructor:

Katherine Bene

January | 10:15-11:15am | 6 classes

\$27R/\$30N | **60508**

February | 10:15-11:15am | 8 classes

\$36R/\$40N | **61338**

YOGA—ALL LEVELS

Thursdays, 1/14-1/28

Thursdays, 2/4-2/25

Using Yoga poses and awareness of the breath you will experience increased flexibility, strength and balance on the mat and off. Each class combines balance postures, breathing techniques, and mindful body movement suited to each student. Class will close with deep relaxation. Instructor: Roberta Wilson

January | 10-11:15am | 3 classes \$19.50R/\$22.50N | **60528**

February | 10:00-11:15am | 4 classes \$26R/\$29N | **61327**

NEW! CHAIR YOGA

Thursdays, 2/4-2/25

A fusion of breath work, supported Yoga and relaxation is designed to connect the mind to the needs of the body. Uses gentle Yoga poses adapted to be done on a chair, identifying areas of restriction and discomfort. Each class ends with breathing and deep relaxation.

Yoga mat, strap and brick highly recommended. February | 2:45-4:00pm | \$26R/\$29R | **61327**

Enrichment & Special Interest



LINE DANCE

Beginning

Fridays, 1/15-1/29

Fridays, 2/5-2/26

Unwind, meet new friends, and exercise in this fun class! Learn all the basic steps for each line dance. Steps are taught slowly and easily, and dances will be repeated until you are comfortable moving on. No partner necessary.

Instructor: Sue Kraft

January | 1:30-2:45pm 3 classes \$13.50R/\$16.50N | **60494**

February | 1:30-2:45pm | 4 classes

\$18R/\$21N | **61309**

Intermediate

Fridays, 1/15-1/29

Fridays, 2/5-2/26

Learn classic as well as new line dances while having a great time. Each dance is repeated until everyone is comfortable and ready to move on to a new dance. Past learned dances will also be practiced. Instructor: Sue Kraft

January | 3:00-4:15pm 3 classes \$13.50R/\$16.50N | **60499**

February | 3:00-4:15pm | 4 classes

\$18R/\$21N | **61313**

PLEASANTON VIP

TRAVEL DESK

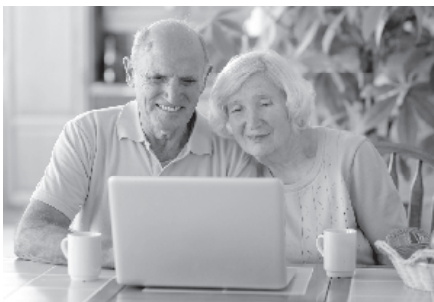
The Pleasanton VIP Travel Desk, open Monday-Friday, 10:00am-2:00pm, offers days trips to various locations in the greater Bay Area, as well as one day Casino Trips. Please visit the VIP Trip Desk for informational flyers or call their travel desk at (925) 931-5370.

COMPUTER TUTOR

AT THE SENIOR

CENTER

Struggling with your PC or Mac? Can't figure out the Internet, or just having trouble with software? One-on-one tutoring is available at the Senior Center. For reservations, please call 931-5365. \$2.00R/\$2.50N (one-hour session)



MOVIE MADNESS

1st & 3rd Mondays

Featuring large screen and theater-style sound, with movies that range from old classics to the more recent favorites (see monthly calendar for movie schedule, page 11).

Movie dates: 2/1 & 2/29 | Free (no movies in January)



AARP MATURE

DRIVER COURSE

Wednesdays, 1/20 and 1/27

Traditional Two Part Class

Refine your driving skills and reacquaint yourself with the rules of the road. At the conclusion of this two-session course, you'll be issued a certificate of completion, which may qualify you for an insurance discount. Registration fee payable by check to AARP on the first day of class. Class limited to 24 participants. Pre-register at the Senior Center Front Desk or call 931-5365.

\$15 AARP Members; \$20 Non-Members

8:30am-12:30pm | **61058**

Special Interest

ANNUAL NCL

DESSERT DANCE

Saturday, January 30, 7:00-9:30pm

Come dance the night away to all of your ballroom favorites at our annual National Charities League sponsored Dessert Dance. Light refreshments will be served. No charge but please register at the Center's Front Desk
CODE: | **61061**



AARP SPONSORED TAX ASSISTANCE

*Mondays, 10:00am-3:00pm,
Fridays, 9:00am-2:00pm*

AARP sponsored Tax Assistance program will again be offered at the Senior Center beginning Monday, February 1. Please call early to make your appointments. Volunteers assist with basic 1040 tax return, regardless of age. Please call 931-5365 to make your appointments

PLEASANTON VIP CLUB

2nd & 4th Mondays: 931-5370
The Pleasanton VIP Senior Club is social club that meets at the Center for lunch on the 2nd and 4th Mondays of the month. The VIP Club also has a travel desk that sponsors unique and adventurous "Day Trip" and "Extended Trip" programs. Annual Membership: \$10, \$7 every year thereafter.

PLEASANTON

PARATRANSIT

Transportation Service*

Available to persons 70+ years of age and ADA-qualified persons age 18 and above. No weekend service.

*Transportation Hours: M-F,
8:00am-5:00pm*

Registration required: 931-5376

*Reservations: 9:00am-3:00pm,
3-14 days in advance*



DOWNTOWN ROUTE (DTR)*

DTR, a service of Pleasanton Paratransit Service, is a same-day, fixed route transit service that operates throughout Pleasanton. This affordable service connects senior housing complexes to the downtown area and other popular destinations, including Stanford/Valley Care Medical Center, Safeway, Kaiser, Walmart, Trader Joe's and Stoneridge Mall. Also, on the 1st Monday of each month, DTR goes to the Livermore Outlets and Dublin Target

*Tickets: \$1.50 per day—Available
at the Senior Center*

*Transportation Hours: T, Th and F,
8:00am-4:00pm*

For information, call 931-5376

**Partially funded by Measure B
Funds, Alameda County Transportation Commission*



TRAVEL

AMBASSADORS

City of Pleasanton Travel Ambassadors offer free individualized assistance to participants interested in learning how to use public transportation options including WHEELS, BART, Pleasanton Paratransit and Downtown Route. To make an appointment for this free service, please call 931-5376.

TRAVEL TRAINING

Destination: Pleasanton Fire Station. Join the *Paratransit Travel Ambassadors* for another public transportation adventure. On Thursday, January 21 at 9:30am, board the #8 WHEEL's bus, and visit the Pleasanton Fire Station for tips on Disaster Preparedness, and how to be ready for "El Nino." Returns to the Center at approx. 2:30pm. Cost: \$2

THE PEDDLER SHOPPE

Discover unique, hand-crafted treasures at the Peddler Shoppe in the Pleasanton Senior Center. You'll find great gift ideas for any holiday—jewelry, accessories, woodwork, linens and toys! And, we also have an amazing selection of colorfully knitted baby blankets, bonnets and booties.
Hours: Mon-Fri, 10:00am-4:00pm

Senior Services

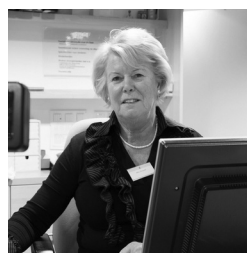
PROGRAM	SPONSOR	MEETING DAY/ MONTH	MEETING TIME	INFORMATION/ APPOINTMENT
Caregivers Support Group	Senior Support Program	2nd Monday	1:00-3:00pm	931-5379
Estate Planning Attorney* (Advice on trusts, wills, power of attorney, health care directives)	Shirley White, Attorney at Law	3rd Friday	Noon-1:00pm	931-5365
Eye Glass Adjustments & Repairs*	Sears Optical	2nd Tuesday	10:30am-12:30pm	Sr. Ctr. Lobby
Foot Care and Health Screening	Senior Support Program	Monday	Varies	931-5383
Walker & Wheelchair Tune-ups*	Thrifty Medical Supply	2nd Tuesday	11:00am-1:00pm	Sr. Ctr. Lobby
Health Insurance Counseling & Advocacy Program*	Legal Assistance for Seniors	Thursday	9:00am-1:00pm	931-5365
Hearing Aid Cleaning & Screening*	Audibel Hearing Center	2nd Tuesday	10:00am-1:00pm	Sr. Ctr. Lobby
Lunch Program—Sage Cafe \$3.00 for Seniors	Open Heart Kitchen	Mon.-Fri.	11:45am-1:00pm	931-5365
Legal Assistance for Seniors* (No wills, durable power of attorney)	Legal Assistance for Seniors	2nd Monday	Noon-1:00pm	510-832-3040
Notary Services*	Free to seniors. Limit 3 docs. Health Care Directives or Pension Verification require 1/2 hour appointment.	3rd Wednesday	9:00-10:30am	931-5365
Parkinson's Support Group	The Parkinson's Network of Mt. Diablo	2nd Saturday	10:00am-Noon	925-831-9940
Reverse Mortgage Counseling with ECHO Housing*	ECHO Housing	Varies	Call Representative	510-581-9380
Travel Ambassadors 1-on-1 assistance/training on utilizing public transportation	Alameda County Transportation Commission and Pleasanton Paratransit Services	Varies	By Appointment	931-5376
Senior/Travel Club	Pleasanton VIP Senior Club	Mon.-Fri.	10:00am-2:00pm	931-5370

* Advice or services offered are those of the respective volunteers, and not the City of Pleasanton and is at the user's risk as volunteer services and qualifications have not been verified by the City of Pleasanton

A Call for Volunteers

Want to have fun greeting and checking in our Sage Cafe diners? We are currently seeking volunteers for two shifts: Every 1st/3rd Friday of the month OR every 2nd Wednesday of the month. All shifts are from 11:00am-1:00pm. Tasks include: setting up the check-in table area, logging in each diner as they arrive, collecting lunch fees, and distributing meal tickets. If interested, please contact Amy Jones at 931-5363.

Other Center volunteer opportunities include receptionists, greeters, Program Aide, (assists with games like cards, Bingo, Arts and Crafts, etc.), and Computer Tutors. For more information on volunteering, please call Raymond at the Senior Center at 931-5366.





A partnership between the City of Pleasanton and Open Heart Kitchen

Pleasanton Senior Center
5353 Sunol Blvd., Pleasanton, CA 94566

Lunch served from 11:45am-1:00pm, Monday-Friday.
Served Daily: Salad Bar, fruit juice, whole grain breads, butter pat & 1% milk. Salad bar selection available daily: lettuce, spinach, bell peppers, carrots, tomatoes, beets, cucumber and mushrooms.

OHK Senior Meal Program is funded in part by the Alameda County Area on Aging and the City of Pleasanton

For Reservations:
(925) 931-5365
Suggested Donation: \$3.00

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Center Closed for Maintenance	5 Center Closed for Maintenance	6 Center Closed for Maintenance	7 Center Closed for Maintenance	8 Center Closed for Maintenance
11 VIP Luncheon: Black Bean Chili over enriched rice, Cheesy Corn Bread, Salad Bar	12 Cheeseburger on whole wheat bun, Coleslaw, Salad Bar, sliced peaches	13 Herb Roasted Chicken, Red Potatoes, Peas, Salad Bar, Jello Fruit	14 Beef Kebobs with onion, Red Bell Pepper, Salad Bar, and Pineapple Dessert	15 Apple glazed pork tenderloin, Mushroom Risotto, Seasonal Vegetable, Salad Bar
18 Senior Center closed for Martin Luther King, Jr. Day	19 Lemon Pepper Chicken with Rice Pilaf, Seasonal mixed vegetables, Salad Bar	20 Asian Beef and Noodles (w/ Green Onion, Cabbage, and Carrots). Salad Bar	21 Baked Italian Chicken Dinner (with Potatoes and Broccoli), Cheesy Rolls, Salad Bar	22 Beef Pot Pie (w/ Mixed Vegetables, Rolls, Salad Bar)
25 VIP Luncheon: Honey Ginger Chicken, Baked Potato, Steamed Seasonal Vegetables	26 Soft Pork Tacos with Black Beans, Corn & Red Bell Peppers, Salad Bar	27 Roast Beef with gravy, Mashed Potatoes, Coined Carrots, Salad Bar, Fruit Jello	28 Ham and Cabbage Stew w/ Potatoes, Cucumber Salad, Corn Bread, Salad Bar	29 BIRTHDAY CELEBRATION: Swedish Meatballs, w/ Mashed Potatoes, Sauteed Mixed Vegetables, Salad, Cake
				"To-Go" Policy: One "to-go" meal per qualifying person (age 60+ who are low income or at high nutritional risk)

Menu options subject to change.

SAGE CAFE:TO-GO POLICY

- One "to-go" meal per person only.* (60+) Low income or high nutritional risk.
- "To-go" meal will include salad, hot entree or sandwich and dessert.
- No outside food containers allowed (to comply with health standards).

*Subject to availability



[The February Sage Cafe Menu will be available by mid-January. Visit the Senior Center to pick up your copy or visit our website at pleasantonseniorcenter.org.]

Bi-Monthly Calendar of Services & Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Center: Open Weekdays, 8:30am-4:30pm Pam Deaton: Recreation Supervisor; Raymond Figueroa: Recreation Coordinator; Julie Parkinson: Program Assistant; Amy Statham: Recreation Leader; Diane Medina: Recreation Leader; Ronni Pianin: Recreation Leader; Debbie Stremme, Recreation Leader; Bob Silva, Recreation Leader		Numbers to Know: Senior Support 931-5379 Paratransit, 9am-3pm 931-5376 Sage Cafe/Lunch 931-5365 VIP Senior Club/Travel 931-5370	For full schedule of daily activities, please see page 4.	

4 Closed for Maintenance	5 Closed for Maintenance	6 Closed for Maintenance	7 Closed for Maintenance	8 Closed for Maintenance
11 VIP Luncheon Foot Care 9:30-2:30pm Caregivers Support Grp. 1:00pm	12 Eye Glass Repair: 10:30am-1:00pm Mobility Device Help: 11:00am-1:00pm	13 Foot Care: 9:30am-2:30pm Photo Club: 2:00pm	14 HICAP: 9:00am Tea Time Social: 1-2:30pm	15
18 Martin Luther King Jr. Holiday - Center Closed	19 Foot Care: Senior Support Program 9:30am- 2:30pm	20 Foot Care 9:30am AARP Mature Driver, Part I 8:30am-12:30pm	21 HICAP 9:00am Words in Bloom: 9:00am-12:00pm	22 Estate Planning Consultation: 12-1pm
25 VIP Luncheon: 11:45am	26	27 AARP Mature Driver, Part II 8:30am-12:30pm	28 PC Users: 10:00am	29

January

1 Foot Care: 9:30am Movie Madness: 1:00pm: "The 2nd Best Exotic Marigold Hotel"	2	3 Foot Care: 9:30am Nutrition Weekly: 11:15-11:30am	4 Words in Bloom: 9:00am-Noon Tea Time Social: 1-2:30pm	5 Brain Matters: 10:00-11:30am
8 Foot Care: 9:30am VIP Luncheon: 11:30am Caregivers Support Group: 1:00pm	9 Coffee & Conversation: "Squash Lady" 10:30am Chat with the Nat: 1:00pm	10 Newcomers Welcome: 10:30am-12:00pm Photo Club: 2:00pm	11 HICAP Counseling: 9:00am	12
15 President's Day Holiday - Center Closed	16	17 Foot Care: 9:30am Lighten Up: 11:30-11:45am	18 Words in Bloom: 9:00am HICAP: 9:00am	19 Estate Planning: Noon-1pm
22 VIP Luncheon: 11:30am	23	24	25 PC Users Group: 10:00am	26
29 Movie Madness: 1:00pm "Black or White"				

February



PLEASANTON SENIOR CENTER
5353 SUNOL BOULEVARD
PLEASANTON, CA 94566

FIRST CLASS MAIL
U.S. POSTAGE PAID
PLEASANTON, CA
94566
PERMIT NO. 123

looking ahead:

NEW CLASS: CHAIR YOGA

A fusion of breath work, supported Yoga and relaxation is designed to connect the mind to the needs of the body. Instructor Roberta Wilson uses gentle Yoga poses adapted to be done on a chair, identifying areas of restriction and discomfort. Each class ends with breathing and deep relaxation. Yoga mat, strap and brick highly recommended. Begins in February.

Thursdays, 2:45-4:00pm 2/4-2/25; Cost: \$26R/\$29N Code 61718

ANNUAL TRANSIT FAIR: THURSDAY, MARCH 17TH

Join us on Thursday, March 17 as we transform the Senior Center into a "Transit Center" with representatives from ACE Train, AARP Driver Training, WHEEL's, BART, Pleasanton Paratransit, and Alameda County Transportation Commission on hand to answer your public transportation questions. The Sage Cafe also offers a popular St. Patrick's Day meal featuring corned-beef and cabbage. For lunch reservations, please call 931-5365.



*Senior Center Holidays & Closures: New Year's Day, Friday, January 1,
Closed for maintenance, Monday, January 4 - Friday, January 8, Monday
January 18, Dr. Martin Luther King, Jr., Monday, Feb. 15, Presidents Day*